

Nutrition Education Resources

Simple Ideas:

- Daily announcements with fun nutrition facts.
- Send a book on fruits and vegetables with the basket of produce to classrooms.
- Provide a factsheet with each fruit or vegetable served.
- Create a mystery fruit or vegetable of the week.
- Hold an election for kids' favorite fruit and/or vegetable.
- Set up a class for kids to cook a vegetable each week.
- Let students help create posters and bulletin boards.
- Hold a fruit or vegetable coloring contest.
- Take a field trip to farms where fruit is grown.
- Hold a tasting party, health fair or school assembly featuring fruits and vegetables.
- Add fruit and vegetable facts to your website.
- Use lesson plans to incorporate fruit and veggies into curriculum such as math, science, English, art and music.
- Invite community partners to talk about the importance of eating fruit and vegetables.

Free Nutrition Education Materials for the FFVP:

School Nutrition Programs – OPI

<http://www.opi.mt.gov/Programs/SchoolPrograms/index.html>, then click on Program, School Programs, School Nutrition Programs, Nutrition Education Resources

Team Nutrition

<http://teamnutrition.usda.gov/library.html>

Local Snack Fact Sheet Library- Lake County Community Development Corporation

https://www.lakecountycdc.org/Snack_Fact_Library

Who Grows Here? A Coloring Book of Montana Fruits and Vegetables- Lake County Community Development Corporation

https://www.lakecountycdc.org/Coloring_Book

Healthy Meals Resource System

<http://healthymeals.nal.usda.gov/>, then click on nutrition education.

Fruit and Veggies – More Matters

<http://www.fruitsandveggiesmorematters.org/>

Coloring Books & Games from Fruit and Veggies – More Matters

<http://www.foodchamps.org/>

USDA – Choose MyPlate

<http://www.choosemyplate.gov/>



Additional Free Resources

Super Sproutz- fun fruit and vegetable videos and recipes.

<http://supersprowtz.com/>

Growing Minds Farm to School- fruit and veggie book ideas, recipes, classroom lessons.

<http://growing-minds.org/category/subject/fruits-and-veggies/>

Teacher's "Rainbow" Curriculum- Produce for Better Health Foundation- Free lesson plans and activities.

http://pbhfoundation.org/pub_sec/edu/cur/rainbow

Leafy Greens Council- free subject-based lesson plans, coloring pages, and trading cards for leafy greens.

<http://leafy-greens.org/educational-program/lesson-plans/>

Nourish Interactive- free coloring pages, lessons, and activities.

<http://www.nourishinteractive.com/nutrition-education-printables>



Potential Partners for Nutrition Education:

MSU Extension & SNAP-Ed

<https://snap.nal.usda.gov/state-snap-ed-contacts/state-and-implementing-agencies/montana>

Montana Action for Healthy Kids

<http://www.actionforhealthykids.org/in-your-state/>

Grocery stores and farmers markets

<http://agr.mt.gov/agr/Programs/FarmersMarkets/>

School Wellness committee

http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/SWellness.html

PTA and community groups